

## Expected Practices

Specialty: Gastroenterology

Subject: Refractory Gastro-Esophageal Reflux Disease (GERD)

Date: July 11, 2014

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**Purpose:**

Practice recommendations for treatment of Refractory GERD

**Target Audience:**

Primary Care Providers

**Expected Practice:**

GERD (typical esophageal symptoms) is defined as the "presence of troublesome heartburn (defined as a burning sensation in the retrosternal area) and/or regurgitation" (from Montreal Definition of GERD). Refractory GERD is recurrent or chronic heartburn discomfort despite treatment.

Patients with characteristic symptoms should be instructed to avoid caffeine, abstain from alcohol, and adopt a diet low in fat and acidic fruits and vegetables such as tomatoes.

Patients should be counseled to lose weight and avoid meals late at night.

Those who remain symptomatic should be treated with a proton pump inhibitor. They should be instructed to take the medication 30 minutes prior to breakfast and/or dinner.

**When to submit eConsult:**

Patients who do not respond to dietary modifications and a trial of a proton pump inhibitor therapy for at least two months. An eConsult should be submitted for consideration of endoscopy.

*This Expected Practice was developed by a DHS Specialty-Primary Care Work Group to fulfill the DHS mission to ensure access to high-quality, patient-centered, and cost-effective health care. SPC Work Groups, composed of specialist and primary care provider representatives from across LA County DHS, are guided by 1) real-life practice conditions at our facilities, 2) available clinical evidence, and 3) the principle that we must provide equitable care for the entire population that LA County DHS is responsible for, not just those that appear in front of us. It is recognized that in individual situations a provider's clinical judgment may vary from this Expected Practice, but in such cases compelling documentation for the exception should be provided in the medical record.*